

# **Kentucky State Plan on Aging**

**Fiscal Years 2005-2008**

**Submitted Under Title III of the  
Older Americans Act**



*Kentucky*

**Ernie Fletcher, Governor  
Commonwealth of Kentucky**

**James W. Holsinger, Jr., M.D., Secretary  
Cabinet for Health and Family Services**

**APPLICATION FOR  
FEDERAL ASSISTANCE**

OMB Approval No. 0348-0043

<b>1. TYPE OF SUBMISSION:</b> Application <input type="checkbox"/> Construction <input checked="" type="checkbox"/> Non-Construction		<b>2. DATE SUBMITTED</b> July 29, 2004		Applicant Identifier
Preapplication <input type="checkbox"/> Construction <input type="checkbox"/> Non-Construction		<b>3. DATE RECEIVED BY STATE</b> Not Applicable (NA)		State Application Identifier
		<b>4. DATE RECEIVED BY FEDERAL AGENCY</b>		Federal Identifier

<b>5. APPLICANT INFORMATION</b> Legal Name: Kentucky Cabinet for Health and Family Services		Organizational Unit: Office of Aging Services	
Address (give city, county, state, and zip code): 275 E. Main Street, 5C-D Franklin County Frankfort, KY 40621		Name and telephone number of the person to be contacted on matters involving this application (give area code) Larry Hacker 502-564-6930	

<b>6. EMPLOYER IDENTIFICATION NUMBER (EIN):</b> 61 - 0600439	<b>7. TYPE OF APPLICANT: (enter appropriate letter in box)</b> <div style="text-align: right; border: 1px solid black; width: 20px; float: right;">A</div> <div style="clear: both;"></div> A. State B. County C. Municipal D. Township E. Interstate F. Intermunicipal G. Special District H. Independent School District I. State Controlled Institution of Higher Learning J. Private University K. Indian Tribe L. Individual M. Profit Organization N. Other (Specify) _____
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<b>8. TYPE OF APPLICATION:</b> <input checked="" type="checkbox"/> New <input type="checkbox"/> Continuation <input type="checkbox"/> Revision If Revision, enter appropriate letter(s) in box(es) <input type="checkbox"/> <input type="checkbox"/> A. Increase Award      B. Decrease Award      C. Increase Duration D. Decrease Duration      Other (specify): _____	<b>9. NAME OF FEDERAL AGENCY:</b> U. S. Administration on Aging
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<b>10. CATALOG OF FEDERAL DOMESTIC ASSISTANCE:</b> 93.041 through 93.053      93 - 041 Grants to State and Community Programs on Aging	<b>11. DESCRIPTIVE TITLE OF APPLICANTS PROJECT:</b> Kentucky's State Plan for Aging Services for fiscal years 2005 through 2008. Funded under Title III of the Older Americans Act of 1965 as amended.
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<b>12. AREAS AFFECTED BY PROJECT (cities, states, etc.):</b> Statewide		<b>13. PROPOSED PROJECT:</b>	
Start Date      Ending Date 10/1/04      9/30/08		<b>14. CONGRESSIONAL DISTRICTS OF:</b> a. Applicant      NA b. Project      NA	

<b>15. ESTIMATED FUNDING:</b> (Annual)		<b>16. IS APPLICATION SUBJECT TO REVIEW BY STATE EXECUTIVE ORDER 12372 PROCESS?</b>	
a. Federal	\$		
		15,519,774.00	a. YES THIS PREAPPLICATION/APPLICATION WAS MADE AVAILABLE TO THE STATE EXECUTIVE ORDER 12372 PROCESS FOR REVIEW ON: DATE _____ b. NO <input type="checkbox"/> PROGRAM IS NOT COVERED BY E.O. 12372 <input type="checkbox"/> OR PROGRAM HAS NOT BEEN SELECTED BY STATE FOR REVIEW
b. Applicant	\$	0.00	
c. State	\$	1,486,188.00	
d. Local	\$	1,857,542.00	
e. Other	\$	0.00	
f. Program Income	\$	0.00	<b>17. IS THE APPLICANT DELINQUENT ON ANY FEDERAL DEBT?</b> <input type="checkbox"/> Yes If "Yes" attach an explanation. <input type="checkbox"/> No
g. TOTAL	\$	18,863,504.00	

<b>18. TO THE BEST OF MY KNOWLEDGE AND BELIEF, ALL DATE IN THIS APPLICATION/PREAPPLICATION ARE TRUE AND CORRECT. THE DOCUMENT HAS BEEN DULY AUTHORIZED BY THE GOVERNING BODY OF THE APPLICANT AND THE APPLICANT WILL COMPLY WITH THE ATTACHED ASSURANCES IF THE ASSISTANCE IS AWARDED.</b>		
a. Typed Name of Authorized Representative James W. Holsinger, Jr., M.D.	b. Title Secretary	c. Telephone Number 502-564-3703
d. Signature of Authorized Representative 		e. Date Signed 072809

**KENTUCKY DIVISION OF AGING SERVICES  
2005-2008 STATE PLAN ON AGING**

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**COMMONWEALTH OF KENTUCKY  
FEDERAL FISCAL YEARS 2005-2008  
PLAN ON AGING**

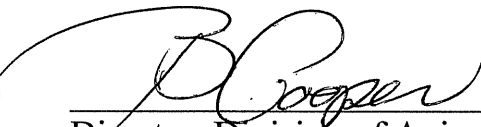
**VERIFICATION OF INTENT**

The Kentucky Cabinet for Health and Family Services, Division of Aging Services hereby submits the State Plan on Aging for the period beginning October 1, 2004 through September 30, 2008. The State Plan on Aging has been developed in accordance with Section 307 of the Older Americans Act, as amended, during the period identified. The Division of Aging Services has been designated and given authority to develop and administer the state plan on aging in compliance with all requirements of the Act, and is primarily responsible for the development of comprehensive and coordinated services for the older population of Kentucky, as well as serving as the effective and visible advocate for older Kentuckians.

This State Plan on Aging is hereby approved by the Governor's designee and constitutes authorization to proceed with activities contained within the State Plan upon approval from the Assistant Secretary on Aging, Administration on Aging.

7/22/04  
(Date)

(signed)

  
\_\_\_\_\_  
Director, Division of Aging Services

Acting as the Governor's designee, I hereby approve the State Plan on Aging and submit it to the Assistant Secretary on Aging for approval.

072304  
(Date)

(signed)

  
\_\_\_\_\_  
Secretary, Cabinet for Health and Family Services

**Mission Statement**

It is the mission of the Division of Aging Services to provide leadership in responding to issues that relate to 672,905 older Kentuckians; to develop community-based systems of care that foster independence and protect the quality of life of older persons and young functionally impaired adults; to promote citizen involvement in the planning and delivery of services; coordinate with other agencies to insure the efficient and effective integration of services for the aging population; and to advocate for a continued involvement of older persons in the mainstream of society.

This mission is accomplished by a dedicated staff committed to excellence.

## INTRODUCTION

In accordance with the Older Americans Act (OAA) as amended, state units on aging are required to submit a state plan on aging describing the methods to be used to provide leadership to state and community-based programs and to qualify for federal funds for such activities.

Development of the state plan was achieved through collaborative interaction between various entities within the Cabinet for Health and Family Services, Division of Aging Services staff, organizations within the state aging network, and elderly and disabled adults through review and comment on the plan. For this submission, Kentucky decided to use a four-year planning cycle.

On the following pages, the Division of Aging Services presents the Kentucky aging network's comprehensive plan for addressing the ever-increasing demand and need for elderly home and community-based services. Identified in the plan are "strategic issues" along with goals and objectives for addressing them. These are charted under five major headings referred to in the plan as "Kentucky Priorities". The headings are as follows:

- (1) Make it easier for older people to access an integrated array of health and social supports;
- (2) Help older people to stay active and healthy;
- (3) Support families in their efforts to care for their loved ones at home and in the community;
- (4) Ensure the rights of older people and prevent their abuse, neglect, and exploitation; and
- (5) Promote effective and responsive management

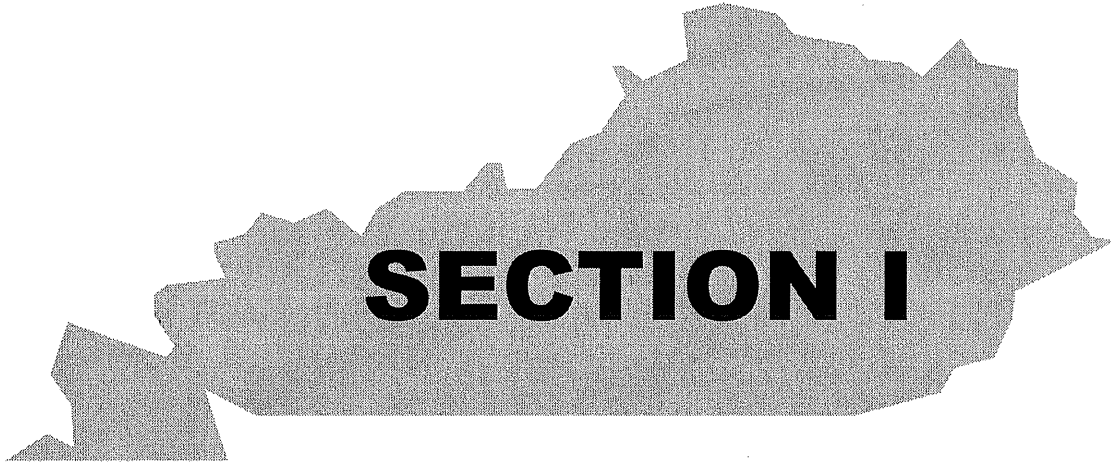
The plan also addresses federal OAA requirements and reflects the state's legislative mandate to develop a system of community-based, long-term care services for frail older persons and younger functionally impaired adults.

The plan is based on the local planning efforts of each of the state's 15 area agencies on aging and which is described in their planning and service area plans, and input from public hearings held during July, 2004. It also was subjected to the review and critique of a number of other public and private entities with a primary interest in the well-being of our older citizens.

The Division of Aging Services will pursue a variety of activities related to planning, research, monitoring and evaluating of programs, advocacy, public education and information, and general promotion of a comprehensive and coordinated community-based service system to address unmet needs as they become identified. The division plans to provide effective and visible leadership on issues concerning all groups of elderly Kentuckians from the young-old to the old-old.

Because Kentucky is a state of geographical and cultural diversity, many factors have been weighed to ensure that proposed services and systems-building efforts continue to respond to the needs of older Kentuckians. Development of the plan represents a dynamic process that has been both exciting and challenging. The Division of Aging Services is appreciative and indebted to the many individuals who actively participated and contributed to the development of this plan.





# **Statement of Need**

## STATEMENT OF NEED

Kentucky, like the rest of the nation, is experiencing a major population shift in all age groups, especially the over 60 population. By 2020, the percent of the population over age 60 will increase by approximately 57%. During this same time period, the number of individuals over age 85 is projected to increase by 27%. In just a few years, the first wave of “baby boomers” will reach retirement age. These demographic changes in the aging population will have major implications for the Division of Aging Services on how policy and programming decisions are made regarding what, where, and how services are provided.

When compared to other states in the southern region, Kentucky is a fairly small state with a population of approximately 4 million (2000 Census). It is primarily rural with three large urban areas, Northern Kentucky, Louisville and Lexington. The state has large pockets of poverty in its eastern Appalachian region, as well as smaller areas of poverty in other rural sections of the state. Delivery of services to these remote areas and the availability of providers in many areas grossly affect both the ability to meet the needs of individuals and often the quality of service delivered.

In preparing for the service needs of Kentucky’s elderly citizens, the Division of Aging Services, along with other state agencies and policy makers must address not only the geographic realities and the economic and population shifts, but also imaginatively address their needs and concerns in a manner which recognizes not only the diversity in health care needs but also the cultural differences between geographic areas and the ethnic distribution within the localities. In addition, the vitality inherent in many elderly Kentuckians must be captured to assist in the development of a meaningful plan. The Division of Aging Services has the responsibility to participate in all discussions within the state regarding planning and policy development for the elderly.

As a result of recognizing the impact this demographic change might place on state funded programs, the Executive Branch provided impetus to explore the future of aging services by implementing the Care 2000 Strategic Planning Task Force which was an outcome of the House Joint Resolution 80 (HJR 80), an initiative adopted by the General Assembly and signed by the Governor on April 4, 1996. The report of this Task Force was completed in 1997 to address issues surrounding long term health care and stands today as the guideline for the gradual evolution of consumer directed service selection. Funding constraints have prevented movement on many of the Task Force recommendations.

While the recommendations of the Task Force were primarily directed at long term care and were not a legal mandate, the Division of Aging Services has continued to participate in discussion generated by the report. The addition of the Supreme Court Olmstead Decision in 1999 added further direction to all state agencies to consider consumer involvement in policy decisions.

As a result of these past initiatives and in acknowledgment of the impending influx of elderly Kentuckians, the Division of Aging Services plans to actively pursue discussion concerning the following issues:

- Empowerment of consumers through information, education, and involvement in Olmstead and other consumer focused endeavors.
- Evidenced based health promotion and wellness initiatives.
- Partnering with other state agencies to maximize funding and efficiency.
- Strengthening the aging network



## **SECTION I I**

# **Planning and Service Delivery**

## **PLANNING AND SERVICE DELIVERY**

The Older Americans Act (OAA) establishes the U. S. Administration on Aging (AoA) as the federal agency responsible for oversight of home and community-based services for the elderly. Planning for the development and delivery of those services to older Kentuckians involves agencies and organizations at the federal, state and local levels acting in a coordinated fashion to effect a comprehensive delivery system. The end result is an “Aging Services Network” whose elements each have clearly defined roles and responsibilities.

The network includes:

### **U.S. Administration on Aging**

Located within the Federal Department for Health and Human Services, the Administration on Aging (AoA) is directed by the Assistant Secretary for Aging who serves as the chief advocate for the nation’s older population, particularly within the federal bureaucracy. In addition to awarding older Americans Act, Title III funds to the states, the AoA also monitors and assesses state agencies which administer those funds. Further, the AoA acts as a clearinghouse for the dissemination of information related to aging issues, development and funding opportunities to the states and Native American organizations.

### **State Office of Aging Services**

The Division of Aging Services is the designated State Unit on Aging (SUA) under the Older Americans Act. It is, therefore, the statewide leader of a network which includes fifteen designated Area Agencies on Aging (AAAs), 192 senior citizen centers, and an array of other local service providers. The network is further enhanced by businesses, universities, agencies, and advocacy groups involved in aging issues.

The Division of Aging Services is responsible for an array of functions and activities, ranging from providing state leadership on aging issues to developing the State Plan on Aging to managing contracts to provide services and assisting clients. The division serves as the principal clearinghouse for the flow of information on aging, facilitates collaboration at all levels of the network, provides training and technical assistance and monitors for performance standards and quality assurance.

Programs administered by the office include:

- Older Americans Act Supportive Programs

These programs include an array of up to 25 supportive services, congregate meals, home-delivered meals, in-home services, disease prevention, caregiver, elder abuse and long-term care ombudsman services. Many services are provided through local senior citizen centers. These are federal programs funded by the Administration on Aging.

- Senior Community Services Employment program

A program for persons aged 55 and over who are at or below 125% of the poverty level, and who need training subsidized employment and help with job placement. The program is funded by the Federal Department of Labor.

- Homecare Program

A state-funded program of in-home services for individuals aged 60 and over who have functional disabilities and are at risk of long-term care institutionalization. Services include personal care, home management, home health aide, home delivered meals, home repair, chore, respite, escort, and assessment/case management.

- Adult Day/Alzheimer's Disease Respite

A program of adult-day center services for persons aged 60 and who have physical disabilities or frail persons who are in need of supervision for part of a day, and center or in-home services for persons of any age with Alzheimer's Disease or other dementia.

- Personal Care Attendant Program

A program of attendant services for persons aged 18 and over with a functional loss of two or more limbs and who have the ability to hire and supervise an attendant. The program is fully state funded.

- **State Long Term Care Ombudsman**

The State Long Term Care Ombudsman is administratively placed in the Office of the Ombudsman, Cabinet for Health and Family Services. The KY Long-Term Care Ombudsman program will work in coordination with the KY Division of Aging Services. Local LTCO Programs are contracted in each of the fifteen AAAs .

- **SHIP (Benefits Counseling) Services**

Funded through a grant from the Centers for Medicare and Medicaid Services (CMS), this program involves the training and coordination of a large network of volunteer counselors who provide information on Medicaid, Medicare, Social Security and other health insurance and benefits programs for the elderly.

- **Other Community-Based Services**

Programs and services in this category include the Senior Center Support Services, additional state support for six senior centers; homemaker services, a select program of in-home services for the homebound that is state funded; and the Kentucky KinCare Project, a statewide effort to further the interests and rights of grandparents and relative caregivers.

- **Provider Certification**

The Division performs the certification process for (social model only) Adult Day Centers and Assisted Living Communities statewide.

- **National Family Caregiver Support Program**

The addition of the National Family Caregiver Support Program to the mix of services provided through the Division of Aging Services allows the Area Agencies on Aging to provide additional assistance to reduce the stress of full time caregivers. With this new program caregivers are provided with information, referral to needed services, respite and supplemental services to assist in taking care of an elderly person.

### **Kentucky Institute for Aging**

Title III of the Older Americans Act requires the Division of Aging Services to take into account views of recipients on the state level to advise and help in:

- The development and administration of the State Plan on Aging.
- Conducting public hearings on the State Plan.
- Representing the interests of older persons before all appropriate forums and in relevant policy and legislative initiatives.
- Reviewing and commenting on other State Plans, budgets and policies which affect older persons.

The Kentucky General Assembly created the Kentucky Institute for Aging to serve as the state advisory council to the Cabinet for Health and Family Services on the above and other matters of interest to older Kentuckians.

### **Planning and Service Areas**

A planning and service area is a geographic area within the state that is delineated by the State Unit for purposes of planning, development, delivery and the overall administration of services under a Title III Area Plan. The State Unit has designated those multi-county groupings which correspond to area development districts as planning and service areas (PSAs).

### **Area Agencies on Aging**

An Area Agency on Aging (AAA) is an agency designated by the State Unit to develop and administer the Area Plan on Aging for the corresponding planning and service area. As such, it is the lead agency in the network at that local level. Through contractual relationships with a wide array of local provider agencies and organizations and, where necessary, direct provision of services, AAAs ensure provision of elderly services at the community level.

In the administration of the Area Plan, the Area Agency on Aging is responsible for the development of a comprehensive and coordinated system of services to meet the needs of all older individuals in the planning and service area. The Area Agency on Aging's numerous responsibilities are outlined in Section 306 of the Older Americans Act and in the specified Area Plan guidelines given to each planning area.



In Kentucky the regional planning and development agencies known as Area Development Districts have been designated as Area Agencies. Following is a list of those agencies:

<b><u>Planning and Service Area</u></b>	<b><u>Counties</u></b>	<b><u>Agency</u></b>
PSA I	McCracken, Ballard Fulton, Graves, Carlisle Hickman, Calloway, Marshall	Purchase Area Agency on Aging 1002 Medical Drive, P.O. Box 588 Mayfield, Kentucky 42066 Aging Director/Planner Ms. Vicki Williams (270) 247-7171
PSA II	Livingston, Crittenden, Lyon, Caldwell, Hopkins, Muhlenberg, Trigg, Christian, Todd	Pennyriple Area Agency on Aging 300 Hammond Drive Hopkinsville, Kentucky 42240 Aging Director/Planner Ms. Brenda Orten (270) 886-9484
PSA III	Union, Henderson, Daviess, Webster McLean, Ohio, Hancock	Green River Area Agency on Aging 3860 U.S. Hwy 60 West Owensboro, Kentucky 42301-0200 Aging Director/Planner Ms. Vivian Craig (270) 926-4433
PSA IV	Logan, Butler, Edmonson, Warren, Barren, Simpson, Monroe, Allen, Metcalfe, Hart	Barren River Area Agency on Aging 177 Graham Avenue P.O. Box 90005 Bowling Green, KY 42102-9005 Aging Director/Planner Ms. Debbie McCarty (270) 781-2381

PSA V	Hardin, Grayson, Breckinridge, Meade, Nelson, Washington, Marion, Larue	Lincoln Trail Area Agency on Aging 613 College Street Road P.O. Box 604 Elizabethtown, Kentucky 42702-0604 Aging Director/Planner Ms. Nancy Addington (270) 769-2393
PSA VI	Jefferson, Bullitt, Shelby, Spencer, Oldham, Henry, Trimble	Kentuckiana Regional Planning and Development Agency (KIPDA) 11520 Commonwealth Drive Louisville, Kentucky 40299 Aging Director/Planner Ms. Barbara Gordon (502) 266-6084
PSA VII	Campbell, Kenton, Boone, Gallatin, Pendleton, Grant, Carroll, Owen	Northern Kentucky Area Agency on Aging 16 Spiral Drive, P.O. Box 668 Florence, Kentucky 41022-0668 Aging Director/Planner Ms. Carol Marek (606) 283-1885
PSA VIII	Mason, Lewis, Bracken, Robertson, Fleming	Buffalo Trace Area Agency on Aging 201 Government St, Ste 300 P.O. Box 460 Maysville, Kentucky 41056 Aging Director/Planner Ms. Caroline Ullery (606) 564-6894

PSA IX	Rowan, Bath, Menifee, Montgomery, Morgan	Gateway Area Agency on Aging Courthouse Annex, Main Street P.O. Box 1070 Owingsville, Kentucky 40360 Aging Director/Planner Mr. Charles Jones (606) 674-6355
PSA X	Greenup, Boyd, Carter, Elliott, Lawrence	FIVCO Area Agency on Aging 3000 Louisa Street Catlettsburg, Kentucky 41129-0636 Aging Director/Planner Ms. Karen Rice-Sizemore (606) 739-5191
PSA XI	Pike, Floyd, Martin, Johnson, Magoffin	Big Sandy Area Agency on Aging 100 Resource Drive Prestonsburg, Kentucky 41653 Aging Director/Planner Ms. Donna Frazier (606) 886-2375
PSA XII	Wolfe, Lee, Owsley, Breathitt, Perry, Knott, Leslie, Letcher	Kentucky River Area Agency on Aging 381 Perry County Park Road Hazard, Kentucky 41701 Aging Director/Planner Ms. Peggy Roll (606) 436-3158
PSA XIII	Rockcastle, Laurel, Jackson, Clay, Harlan Bell, Whitley, Knox	Cumberland Valley Area Agency on Aging 342 Old Whitley Road P.O.Box 1740 London, Kentucky 40743-1740 Aging Director/Planner Ms. Bernice Miracle (606) 864-7391

PSA XIV	Green, Taylor, Casey, Adair, Russell, Pulaski, Cumberland, Clinton, Wayne, McCreary	Lake Cumberland Area Agency on Aging 2384 Lakeway Drive P.O. Box 1570 Russell Springs, Kentucky 42642 Aging Director/Planner Ms. Cindy Branscum (270) 866-4200
PSA XV	Fayette, Franklin, Scott, Anderson, Woodford, Clark, Mercer, Jessamine, Boyle, Harrison, Nicholas, Bourbon, Lincoln, Garrard Madison, Estill, Powell	Bluegrass Area Agency on Aging 699 Perimeter Drive Lexington, Kentucky 40517 Aging Director/Planner Ms. Rhonda Davis (859) 269-8021